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Strong Medicine: How to Conquer Chronic Disease and Achieve Your Full Athletic Potential

Dr. Chris Hardy, Marty Gallagher

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How to Win the War Against the Enemies of Optimal Health and High Performance—A Complete, Scientific Battle Plan for Reversing Disease, Restoring Vitality and Operating at Our Peak, Athletically…
According to Strong Medicine, there are two main drivers causing almost all preventable diseases like cancer, heart disease, diabetes, obesity and accelerated aging: chronic inflammation and chronic oxidative stress. High vitality, optimal health and sustainable strength can only be achieved by a properly-informed plan to understand, identify and conquer the enemies of our wellbeing.

The only way to sustain a healthy, vigorous life is to make long-term lifestyle changes—across the board, be it through nutrition, resistance training, cardio or stress management. Strong Medicine shows you how to achieve an utter and complete physical and physiological transformation in 3 months without any draconian training or concentration camp nutrition. Discover how to go from unhealthy and uncertain into ever-improving levels of health, wellness and fitness…
Using the intersection of cutting-edge science and real-world medicine—melded with high-level athletics, results-producing coaching and elite military-preparedness training…

"Strong Medicine is flat-out amazing. If you ever wanted to take your training and your nutritional theory to an elite level—better than 99.9% of certified personal trainers—this is the book for you. It's all in here: genetics, gut bacteria, cutting-edge stress biology, molecular nutrition...even better, the ‘deep science’ is all explained so clearly (with charts, key points, photos and diagrams) that it's almost impossible not to understand and absorb it all fully. An automatic classic in the field, which will surely prove impossible to surpass. I bow down to the Doc and to Marty!"—Paul Wade, author, Convict Conditioning and Explosive Calisthenics
“Strong Medicine by Chris Hardy, D.O. and Marty Gallagher is an exhaustively researched, clearly written, and practically useful guide to improving your health.
Improving health is fundamentally different than treating disease. This book represents the future of healthcare in our country. It requires the patient to assume responsibility, learn the basics, and then enhance their health through diet, exercise, sleep, and mindfulness.
If you are looking for a quick fix, this is not the book for you. If you understand that there is no quick fix, then read this book and trust what you read. The information is accurate and relevant, simple to understand, and actionable.”
—Patrick Roth, M.D., author of The End of Back Pain: Access Your Hidden Core to Heal Your Body, Chairman of Neurosurgery at Hackensack University Medical Center and the director of its neurosurgical residency training program.
“Strong Medicine by Dr. Chris Hardy and the legendary Marty Gallagher is a declaration of unconventional and asymmetrical war against mortality. The authors' weapon of choice is information, relayed masterfully in the form of an easy-to-understand and richly illustrated owner’s manual of sorts. This is an owner’s manual that is chock full of insights for every level, from the seasoned physician to the absolute layman who is new to fitness.

For the grizzled coach who doesn't have medical training, Strong Medicine lays out crucial performance

concepts like ‘hormetic dose’ in ways that are easy to understand regardless of your background. Dr. Hardy continues with insights into diet, nutrition myths, biochemistry demystified, intestinal fine-tuning, the chronic stress connection with disease, and then passes the baton to Marty Gallagher, who unleashes a plethora of exercise and training tips that are centered around five basic exercise categories. This is a book I plan to read & re-read a number of times as both a licensed medical professional and a strength & conditioning coach.”—Dr. MARK CHENG, L.Ac., Ph.D, contributing editor, Black Belt Magazine

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Russell Thomas:

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growing to be precious person. By looking up and review this guide you can get many advantages.

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